

## Abstract

The present invention provides a mat (1, 4) with multiple filling chambers (10a, 40a) charged gel-liked heat medium (12) and expanded by a pressure of the heat medium, wherein the filling chambers in parallel and adjacent to each other. The mat (1, 4) of the invention can keep simply and effectively a whole-body or a part of a patient warm or cool and can also prevent from bed sore.

10